
















Friday June 14<sup>th</sup> 2024 – Freestyle. Leverage/Power, Mixed intensity.

	LEVEL 1	LEVEL 2	LEVEL 3 & Dist.
Warm up. 	Alternate between; 100 FS Pull Buoy/bi-lateral breathing. 100 FS kick with board. 100 BK. (hopefully 300m)	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 350m)	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 350m)
Drills. 	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)
Main set. 	<b>1) 1 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 50m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS.</b> RI 20s. 50/100/150/200 at your SPL pace. <b>4) 50m. OC (not FS).</b> Recovery <b>5) 4 x 25m. FS kickboard.</b> RI 30s. Med. <b>6) 4 x 25m. FS Hard.</b> RI 45s. Note that big rest so make them HARD. (900)	<b>1) 2 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 50m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS.</b> RI 20s. 50/100/150/200 at your SPL pace. <b>4) 50m. OC (not FS).</b> Recovery <b>5) 4 x 50m. FS or BK kick</b> RI 30s. Med. <b>6) 4 x 25m. FS Hard.</b> RI 45s. Note that big rest so make them HARD. (1100)	<b>1) 2 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 100m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS.</b> RI 20s. 100/200/300 at your SPL pace. <b>4) 100m. OC (not FS).</b> Recovery <b>5) 4 x 50m. BK dolphin kick.</b> RI 30s. Med. Note: <b>FINS</b> <b>6) 6 x 25m. FS Hard.</b> RI 45s. Note that big rest so make them HARD. (1350)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)
Total	1500	1750	2000

	<b>LEVEL 1</b>
Warm up. 	Alternate between; 100 FS Pull Buoy/bi-lateral breathing. 100 FS kick with board. 100 BK. (hopefully 300m)
Drills. 	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)
Main set 	<b>1) 1 x 100m. FS finger paddles. RI 20s.</b> Build speed Easy to Hard through 100m. <b>2) 50m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS. RI 20s.</b> 50/100/150/200 at your SPL pace. <b>4) 50m. OC (not FS).</b> Recovery <b>5) 4 x 25m. FS kickboard. RI 30s.</b> Med. <b>6) 4 x 25m. FS Hard. RI 45s.</b> Note that big rest so make them HARD. (900)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1500

	<b>LEVEL 2</b>
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 350m)
Drills. 	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)
Main set 	<b>1) 2 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 50m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS. RI 20s.</b> 50/100/150/200 at your SPL pace. <b>4) 50m. OC (not FS).</b> Recovery <b>5) 4 x 50m. Alt FS &amp; BK kick RI 30s.</b> Med. <b>6) 4 x 25m. FS Hard. RI 45s.</b> Note that big rest so make them HARD. (1100)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1750

	<b>LEVEL 3 &amp; Dist.</b>
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 350m)
Drills. 	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)
Main set  Note # 5	<b>1) 2 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 100m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS. RI 20s.</b> 100/200/300 at your SPL pace. <b>4) 100m. OC (not FS).</b> Recovery <b>5) 4 x 50m. Dolphin on back kick. RI 30s.</b> Med. NOTE: Use fins for Dolphin in #5. <b>6) 6 x 25m. FS Hard. RI 45s.</b> Note that big rest so make them HARD. (1350)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2000

	<b>LEVEL 3 &amp; Dist.</b>
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 350m)
Drills. 	<b>1) FS with paddles. 4 x 25m. RI 20s.</b> C/S or Bi-lat breathing. Observe hands u/water. Focus on 'catch & push'. Hands centre of bodyline. No short strokes. <b>2) 4 x 25m kick. RI 20s.</b> BIG push off wall with both feet, 4 STRONG Dolphin kicks then FS kick to end. (200)
Main set  Note # 5	<b>1) 2 x 100m. FS finger paddles.</b> RI 20s. Build speed Easy to Hard through 100m. <b>2) 100m OC (not FS).</b> Recovery. <b>3) Climb the Mountain FS. RI 20s.</b> 100/200/300 at your SPL pace. <b>4) 100m. OC (not FS).</b> Recovery <b>5) 4 x 50m. Dolphin on back kick. RI 30s.</b> Med. NOTE: Use fins for Dolphin in #5. <b>6) 6 x 25m. FS Hard. RI 45s.</b> Note that big rest so make them HARD. (1350)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2000